

Name: _____

Date: _____

The Secret of Inner Strength

My Story

Chuck Norris with Joe Hyams

Prologue

1. Whatever luck you have, _____.
2. Two valuable lessons:
3. If you think positively and persist long enough, _____.
4. Everyone can attain a certain degree of _____.
5. Mind control is _____.

Chapter 1

1. You can determine your destiny in life by _____.
2. You can't just sit back hoping for breaks to come your way; they don't happen by hoping they happen because of _____.
3. Knowing that you have to _____ and knowing how to _____ are two different things.
4. Do what has to be done _____ and think only _____. Don't allow yourself to _____.

Chapter 2

1. You must first establish the _____ in your mind and form a mental picture of it. Try to imagine all the _____ that will get in your way, and _____ prepare to overcome them.
2. _____ and _____ will overcome any obstacle.
3. A combination of _____ and _____ leads to confidence.
4. If you do something you have previously been _____ to do, you will begin to crack the egg of _____.
5. When you get to the point where you have to fight, _____.

Chapter 3

1. The only time you _____ is when you don't learn from your experience.
2. There are three facets to being a winner _____.
3. He who _____ to prepare prepares to _____. A winner thinks of _____ while a loser thinks of _____. A winner says to himself _____ a loser says to himself _____.

Chapter 4

1. Anger will make you _____ and affect your _____.
2. A _____ can deal with his failures as well as his successes, and _____.
3. Anger is _____.
4. Never underestimate _____. You can be defeated as easily by _____ on your part as by his skill.

Chapter 5

1. It is just as easy to make a _____ as it is to make an _____.
2. If you pit _____ against _____, there will always be a collision.
3. It is often the case that when you get what you want, _____.
4. Surpassing another person should not be your goal. The only thing that really matters is _____.

Chapter 6

1. It is the positive concepts the student develops within himself that make him feel _____.
2. When faced with a problem, _____ is wasted energy. Get the job done the best way you can.

Chapter 7

1. Estelle Harmon had spoken about recalling _____ from our past and drawing on them to recreate similar _____.
2. Criticism should be _____ rather than _____.
3. Negative attitudes bring _____, just as positive attitudes encourage _____.
4. A man's life is built not on _____ but on the _____ he has achieved.

Chapter 8

1. _____ three simple words that mean so much and are rarely said between parents and their children.
2. An _____ will usually find it difficult to handle discipline as an adult.
3. The main thing parents should do is give their children _____.
4. The only thing you can give and still keep in life is _____.
5. Think of yourself as a leader rather than a follower. Your _____ will take that as a fact, and you will act accordingly.

Chapter 9

1. Intelligence, instinct and technique are key ingredients of a _____ and in the making of a _____.
2. Inner strength is in everyone, but most of the time we have _____ to bring it out.
3. One of the keys to inner strength is to _____ with grace and style.

Chapter 10

1. Movies are a way of releasing the youngster in us. _____ keeps life going.
2. Maintain a positive attitude about _____, and do what has to be done.

Chapter 11

1. The core of martial arts training is _____ and _____.
2. Values learned give the student _____ and _____ rules for behavior in life.
3. The fact is that when you become capable in any of the arts, _____, because you are prepared and you reflect this security within yourself.
4. What really makes any martial arts system worthwhile is the _____.
5. Karate expertise is not easily or quickly acquired. It is the result of _____ and _____.
6. Training teaches us to control _____, to remain _____, to consider _____ and avoid meeting _____.
7. It also teaches us to control _____ because we are secure.
8. Mature individuals control their _____. As a result, others tend to treat them with _____.
9. There are many facets to winning, give ten examples:
 - a)
 - b)
 - c)
 - d)
 - e)
 - f)
 - g)
 - h)
 - i)
 - j)
10. Most successful people have learned to stick with whatever it is they wish to achieve and to move _____ until they reach their objective.
11. The secret of inner strength is in _____ - yesterday, today, tomorrow.
12. There is no finish line. When you reach one goal, _____.

Name: _____

Principles of Inner Strength

Give ten examples on how to achieve your personal goals:

Give seven examples on how to get along better with others.

How to make you life better give three examples: